

Are You Guilty of

ROAD RAGE?

Hello it's me again. I have been out sailing the highways. Memorial day was packed, and the 4th is right around the corner. I see lots of steam coming from some cars. It reminded me that at times we can all be guilty of losing our temper, but are you guilty of Road Rage.

For our purpose let us define Road Rage as the act of getting revenge. This could include making signs with our hands, or saying things at others that mom would wash our mouths out. It could even be using our cars to repay what we feel is due us.

Ever wonder what your anger in you. Pretty scary should come up with some we all can get.



My sailing hat

Dr. Leon James the has made some to take and put a tape back fine time to sit and listen to the tape and write down the things you say. I bet we would be shocked by what we said. If we find one thing that upsets us we need to watch ourselves and make sure we do not do the same thing.

body would look like inside with all that huh? I guess to stay lovely all summer, we suggestions to combat those ugly feelings countries' foremost expert on Road Rage suggestions for us. He states that if we were recorder in the car with us. Then when we get

Another tip is to copy the list below down and to have a passenger ride with you. Have them check the things you do. Next time you get in the car, work on not doing just one of the things. This way we are practicing becoming nicer drivers.

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| ◆ Braking suddenly to scare a tailgater | ◆ Drinking and driving |
| ◆ Breaking the speed limit by more than 15 mph | ◆ Driving Sleepy |
| ◆ Burning Rubber | ◆ Driving with music frenzy |
| ◆ Carrying an unauthorized weapon | ◆ Experiencing high stress |
| ◆ Changing lanes without signaling | ◆ Failure to yield |
| ◆ Chasing another car | ◆ Fantasizing revenge against another driver |
| ◆ Closing the gap to deny someone lane entry | ◆ Flashing headlights to punish a driver |
| ◆ Criticizing another driver | ◆ Going through a red light |
| ◆ Crossing a double line | ◆ Giving someone the look of disapproval |
| ◆ Cruising in the passing lane | ◆ Daydreaming |
| ◆ Cussing to yourself behind the wheel | ◆ Honing to protest |
| ◆ Deliberately blocking the way with your car | ◆ having the urge to get ahead |

- ◆ Making pink stops
- ◆ Not wearying a seatbelt
- ◆ Speeding up to a yellow light
- ◆ Ignoring signs

Remember this that we cannot change the actions of others. We can only change the actions of ourselves. Maybe it is time that we all start teaching and learning kindness on the road.

Thanks for your time and please have a great summer and drive safely. Until next time remember be safe, be smart and Be Secure.